



# The Green Thumb

A Newsletter of Extension Horticultural Activities and Events  
For York County Extension Volunteers

Vol. 5, Issue 1  
January, 2004

## Calendar of Events

February	Tree Steward training begins
Feb. 7, 10-12n	Pruning Clinic – True Value
Feb. 7	2 <sup>nd</sup> Annual Landowners Woods & Wildlife Conference (Charlottesville) – see article in Dec 03 Green Thumb
Feb. 14, 10-12n	Pruning Clinic – Upper Bruton
Feb. 21, 10-12n	Pruning Clinic – Tabb area
Feb. 28, 10-12n	Pruning Clinic – Ken Matthews
Mar. 6, 8:15-3:00pm	Horticultural Extravaganza, St. Luke's Methodist Church

### Thursdays Work/Learn Day in the Learning Garden 9:30 – 11:30 a.m.

For additions/corrections to the Calendar of Events contact Jody at 890-4940 or Dianne Taylor at 868-4090, e-mail: [taylor@exis.net](mailto:taylor@exis.net). The deadline for the Green Thumb is ALWAYS the 15<sup>th</sup> of the month, no exception.

E-mail changes: If you have changes to any of the methods of communication, please notify Jody. Jody will pass the word. We want to keep in contact with you. These changes will be posted to the weekly e-mails and will be in the Green Thumb.

#### ***Master Gardener Mission Statement***

*Our mission, as trained volunteers in partnership with the York County, Virginia Cooperative Extension Agent, is to provide horticultural educational opportunities to the public through research-based horticultural programs and activities to enhance our environment, lives and community.*

[www.ext.vt.edu](http://www.ext.vt.edu)

Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments.

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, religion, sex, age, veteran status, national origin, disability, or political affiliation. An equal opportunity/affirmative action employer.

## Notes from Jim

Included with your Green Thumb this month is the 2004 Active Master Gardener Roster and the 2004 York County Cooperative Extension Horticultural Program / Activity Coordinators & Committees list. We did not receive all of the 2004 Extension Master Gardener Volunteer Commitment forms. If you were active in 2003 and did not return your 2004 form it has been assumed that you want to continue to be active in 2004, you have been included in the listing. If this is not correct please contact Jody and let her know. All Master Gardeners should review the information included on both of these lists for errors. Please contact Jody with any corrections prior to January 20, at that time corrections will be made and the lists reprinted and mailed out with the February Green Thumb. These lists are available in 11 x 17 for those who need larger print, call Jody to get large print version.



### 2004 Horticultural Extravaganza

Date: March 6<sup>th</sup>, 2004 (Saturday)

Time: 8:15am – 3:00pm

Place: St Luke's Methodist Church, 300 Ella Taylor Rd, Grafton

This 11th annual daylong event will present a choice of over 20 horticultural topics ranging from annuals and perennials, vegetables, garden structures, landscaping, and gardening on the Peninsula. The program includes topics for both the novice and advanced gardener.

Planning has begun for the Mar 6<sup>th</sup> Horticultural Extravaganza. We are going to have a great time planning this event and working together to make it the best one ever. We need Master Gardener volunteers to assist chairpersons in the following areas:

Tickets/Registration: Jackie Lohr, Chairperson, 898-5741 & Beth Sanders, 875-1583

Facilities: Trudy White, Chairperson, 868-0502

Equipment: Jim Robertson, Chairperson, 890-2709

Copying: Dan Hawley, Chairperson, 898-6175

Moderators: Karen Ward, Chairperson, 868-8384

Please contact me, Judi Ernsting, 886-0474, Horticultural Extravaganza Chairperson, if you would like to work with one of these groups.

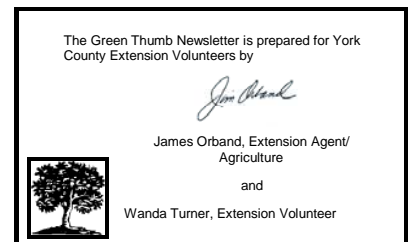


### Home Gardener Program

The 2004 Home Gardener program is taught in the spring and the fall. Four classes are taught in the early spring (February and March) and four different classes are taught in early fall (September and October). The classes are three hours long and held on consecutive Saturday mornings. The program was developed through the volunteer efforts of Master Gardeners in cooperation with the peninsula offices of Virginia Cooperative Extension.

This is not the same as the Master Gardener Training. It is a shorter course, but will cover many similar topics that are important to the home gardener.

In preparation for the Spring Home Gardener Program, I need volunteers to



work as moderators for each of the four sessions. Each session can have up to two moderators. This will be a great way to learn more about gardening, improve your presentation techniques, and work with the public. I also need volunteers to help me plan, determine class schedules, and prepare various program requirements.

The Home Gardener Spring & Fall Series Application Form will be available on line in January 2004. They will also be available from the York County Extension Office.

Please contact me, Ellie Betts, 890-6107, or email me at [seafood2@hroads.net](mailto:seafood2@hroads.net), if you would like to help in any capacity.



## 2004 Pruning Team

If you want to be on the pruning team and are not signed up, please contact Janine Casey (865-1567). They are working now to set up clinics. The schedule follows:

### 2004 Pruning Team Activities Calendar (For Pruning Team Volunteers Only)

- Sat, Jan 10, 9:00-3:00, Advanced Pruning Training, Yorktown Elementary, 131 Siege Lane
- Wed, Jan 14, 9:30-11:30, Practice Pruning Session, Wolftrap Park, off of Wolftrap Road
- Thurs, Jan 15, 9:30-11:30, Practice Pruning Session, County Administrative Office
- Tues, Jan 27, 9:30-11:30, Practice Pruning Session, Tabb Branch of the York County Library

### 2004 Pruning Clinic Schedule

- Thurs, Feb 5, 9:00-12:00, Master Gardener Training, James City County Master Gardeners
- Sat, Feb 7, 10:00-12:00, Pruning Clinic, True Value Hardware, Route 17, Grafton
- Sat, Feb 14, 10:00-12:00, Pruning Clinic, Woodlake Crossing Subdivision (Tabb)
- Sat, Feb 21, 10:00-12:00, Pruning Clinic, Upper York County
- Sat, Feb 28, 10:00-12:00, Pruning Clinic, Ken Mathews Nursery, Route 17, Grafton
- Tue, Mar 2, 9:00-12:00, Norfolk Master Gardener Training, Norfolk Botanical Gardens
- Sat, Mar 6, Pruning Workshop @ the Horticultural Extravaganza (1 hour period; specific time TBD)
- Sep/Oct – 2004 Peninsula Master Gardener Training



## Well-at-Work: Finding Your Comfort Zone While Lifting

No matter what activity you are doing this fall, it is always a good idea to be kind to your back. Whether you are raking leaves or lifting heavy boxes at the office, using proper lifting techniques can help keep you from the discomfort associated with a back strain or injury. Follow these tips to help you find your comfort zone while lifting.

- **Maintain a Neutral or Power Position:** In this position, your knees are bent and the three natural curves of your spine maintained. This position allows the body to generate the most force with the least amount of effort.

- **Maintain a Staggered Stance:** Create a wide base of support by placing one leg slightly out in front of the other in a staggered stance. This makes it easier to involve your leg muscles in the lift and helps you maintain better balance.
- **Keep it Close and Keep the Curves:** Keep the load (item you are lifting) close to your body, which allows you to maintain the natural curves in your spine. The closer the load is to your center of gravity, the lighter the load is on your back.
- **Build a Bridge:** The demands of a lift and the stress on your lower back are increased when the weight of your upper body is in front of your center of gravity without support (like when you stretch out in front of you to pick up the pen you dropped on the floor). Anything you can do to effectively support your upper body weight when lifting can reduce the demands on your back. Support your upper body by placing your hand on your leg or another object, like a chair, then pick up the pen. This will help to take some of the upper body weight off of your back and therefore reduce the demands of the lift.
- **Prepare and Compensate:** By performing simple warm-up activities you can prepare your muscles for a task, reduce the risk of injury and make the work easier. When your muscles fatigue, stop for a few seconds and perform a compensating stretch. For example, stand up and perform a lower backstretch. This delivers valuable oxygen to your muscles that will help them continue their work. Think of prepare and compensate as building blocks that can help keep you in your comfort zone while lifting.

**Source:** Prevention Plus, Inc.



## Recycling Your Christmas Tree

After Christmas, many trees go into the landfill. Here are some useful things you can do with your tree and possibly your neighbors too.

Wanda Turner suggests placing it on the patio and turning it into a smorgasbord for your feathered and furred friends. She enjoys decorating the tree with fruits like oranges or apples that have been cut open. She also hangs pinecones with peanut butter and birdseeds. Simply dab peanut butter on the pinecone and roll in birdseeds. Not only does the tree provide food during the winter when food is scarce, but it also provides many hours of enjoyment to Wanda and her family as they observe the antics of the creatures that come to their patio.

If you have a wood chipper, you can turn your tree into compost. Many of your neighbors will be happy to donate their old trees for chipping. A typical Christmas tree can be used as compost for acid-loving plants like evergreens and rhododendrons.

If you have a large pond, several trees can be weighted down and dropped into the pond. They give fish of all sizes a place to hunt, hide and breed. If you have wooded property, old trees can be used to form brush piles. Wildlife use the old trees for shelter and nesting areas. This allows the trees to compost naturally. Whether you use the trees for pond or woods, please be sure to remove all tinsel and decorations. Remember you should do this only on your own property or with the permission of the property owner.

The ultimate tree recycling method is to buy a live tree and plant it in your garden after Christmas.

# January 2004

S	M	T	W	T	F	S
Virginia Cooperative Extension York County Office 100 County Drive PO Box 532 Yorktown VA 23690-0532 (757) 890-4940 / Fax 890-4033 <a href="mailto:jorband@vt.edu">jorband@vt.edu</a> <a href="http://www.yorkcountv.gov/vce">www.yorkcountv.gov/vce</a>				1  Extension Office Closed New Year's Day	2	3
4	5	6	7	8	9	10  Adv Pruning Training Clinic
11	12	13 Programming Meeting, St Luke's, 9:30am	14 Practice Pruning Session	15 Practice Pruning Session	16 VA Flower & Garden Show Va Beach Pavilion	17 VA Flower & Garden Show Va Beach Pavilion
18 VA Flower & Garden Show Va Beach Pavilion	19 Mid-Atlantic Horticulture Short Course	20 Mid-Atlantic Horticulture Short Course	21 Mid-Atlantic Horticulture Short Course	22 Mid-Atlantic Horticulture Short Course	23	24 -Homeowners Fruit Pruning Day -Landowners Woods & Wildlife Conf
25	26	27 Practice Pruning Session	28	29	30	31

